

# THINGS YOU CAN DO TO COMMEMORATE NATIONAL TRANSGENDER HIV TESTING DAY, APRIL 18

On April 18, the Centers for Disease Control and Prevention (CDC) will join our partners to observe the inaugural [National Transgender HIV Testing Day](#), sponsored by CDC's [Capacity Building Assistance Provider Network](#) partner, the [Center of Excellence for Transgender Health](#), at the University of California, San Francisco. This new day of action will focus on HIV testing, prevention, and treatment among transgender people and will encourage local testing events and campaigns in transgender communities.

## 1 Learn the Basics.

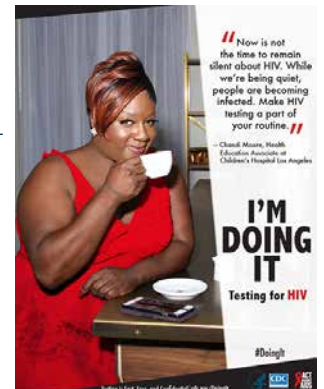
[Learn the basics](#) about HIV and AIDS and know the facts: Among the 3.3 million HIV testing events reported to the CDC in 2013, some of the highest percentages of newly identified HIV-positive persons were among transgender persons (1.9%). Today, more tools than ever are available to prevent HIV. In addition to abstinence, limiting your number of sexual partners, never sharing needles, and using condoms the right way every time you have sex, you may be able to take advantage of newer medicines such as pre-exposure prophylaxis (PrEP) and post-exposure prophylaxis (PEP).



## 2 Get Tested and Encourage Others to Get Tested, too.

Are you Doing It? Testing for HIV? CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care and that people with certain risk factors get tested more often. After you have [learned the basics about HIV testing](#), you can find a testing center in your area. Use our [Doing It website](#) to find [information](#), resources and testing locations near you.

- Text your ZIP code to "KNOW IT" (566948)
- Find free, fast and confidential [testing](#) near you
- Call 1-800-CDC-INFO
- Talk to your doctor or health care provider
- Take a [home HIV test](#)



## 3 Use Your Voice on Social Media.

- Use the hashtag **#TransHIV** to spread awareness day messages about HIV prevention on social media. Here are a few sample messages:
  - April 18 is the first Nat'l Transgender HIV Testing Day! Are you **#DoingIt**? Get tested for **#HIV** <http://go.usa.gov/cehrz> **#TransHIV**
  - Chandi says **#DoingIt** is "about living your life to the fullest" <http://bit.ly/1S3gEN9> **#TransHIV**
  - Did you know 73% trans women w/HIV don't know it? Find a testing center <http://go.usa.gov/cehrz> **#DoingIt** **#TransHIV**
  - Use @CoE4TransHealth toolkit to increase **#TransHIV** awareness <http://bit.ly/1SBfiDC> **#DoingIt**
  - Trans women of color, esp African-Americans & Latinas experience higher rates of **#HIV**. Get tested. **#TransHIV** **#DoingIt**
  - Transgender ppl often experience stigma that places them at high risk for HIV. Learn how to be an ally <http://bit.ly/1ihrbCc> **#TransHIV**

- Join our Twitter chat on April 18 – Co-hosted by Chandi Moore (@transdivachandi) and her co-stars from *I Am Cait*: Candis Cayne, Ella Giselle, Zachary Drucker. Use the hashtag **#TransHIVchat** to participate.
- Share our blog posts – Two upcoming AIDS.gov blog posts with Chandi Moore from *I am Cait* and Joanne Keatley from the Center of Excellence for Transgender Health at UCSF.
- Follow federal social media accounts that promote HIV prevention and testing, and share and retweet messages.

#### CDC:

- Facebook: [Act Against AIDS](#) and [CDC HIV](#)
- Twitter: [@TalkHIV](#) and [@CDC\\_HIVAIDS](#)
- Instagram: [Act Against AIDS](#)
- Pinterest: [Preventing HIV and STDs](#)

#### AIDS.gov:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)

#### Center of Excellences for Transgender Health:

- [Facebook](#)
- [Twitter](#)

## 4 Get Involved.

- **Learn how to be an ally** – Transgender individuals experience stigma and prejudice due to transphobia—by learning how to be an ally your actions will help change the culture, making society a better, safer place for transgender people. Click on this link to learn more: <http://www.glaad.org/transgender/allies>
- **Use the National Transgender HIV Testing Day toolkit** – [The Center of Excellence for Transgender Health](#) has partnered with CDC to create a comprehensive toolkit for transgender testing day. The toolkit can be used as a great resource to host an event. Help us get the word out on social media by sharing the toolkit with the hashtag **#TransHIV**
- **Understand more about HIV-related transgender** – Issues in HIV with the transgender population are nuanced. Read this article from our partners at the Center of Excellence for Transgender Health to learn more! [http://transhealth.ucsf.edu/pdf/Sevelius\\_HIV\\_Specialist\\_Dec13.pdf](http://transhealth.ucsf.edu/pdf/Sevelius_HIV_Specialist_Dec13.pdf)

## 5 Get Treatment.

Taking medicine to treat HIV, called antiretroviral therapy or ART, is recommended for all people with HIV. Taking medicine to treat HIV slows the progression of HIV and helps protect your immune system. The medicine can keep you healthy for many years and greatly reduces your chance of transmitting HIV to sex partners if taken the right way, every day.

Visit [HIV Treatment Works](#) to find information on getting in care and staying in care if you have HIV.

